

# Staying Healthy Without PE

By Kelly Lin  
Staff Writer

This year, many juniors and seniors are no longer in PE and athletics programs. These students, having completed their two years of PE, are free from the wrath of the forgotten PE clothes and no longer have to worry about shivering to insanity in a first period swim PE class. Although life for these students may initially seem dandy and free, these kids face the responsibility of staying healthy through their own methods.

For some, this task might seem incredibly daunting, and for others it is a piece of cake. But all should take heed that the transformation from “Joe 6 Pack” to “Joe Couch Potato” is only a

away. That’s why maintaining a healthy lifestyle without PE is essential for one’s well being.

Here are some ways that LJHS’s upperclassmen stay in shape without formal PE classes.

Junior year is notorious for its onslaught of stress, tests and late night homework horrors. With all the work involved, many might find it tough to maintain a healthy diet in their busy lifestyles. Junior Natalie Goddard is

produced by animals, including dairy products.

“Two of my friends became vegan so I was inspired to try it out. I also decided become vegan to show my disapproval of the treatment of farm animals in the dairy industry,” Goddard said. Natalie started her vegan diet at the beginning of school and is proud to announce that she is still going strong today.

“I feel really healthy and energetic in this new lifestyle. I like it a lot,” Goddard remarked.

Besides eating right, one can also supplement the lack of PE with after school activities.

“The only way I stay fit is through my after school involvement in kung fu,” junior Devon Snook said.

that extra boost of exercise to supplement their day. Currently in her first year free from PE, Snook confides that the loss of PE from her schedule has been far from tragic.

“In PE we didn’t do anything. They (the coaches) yelled at us and we walked around the track and talked. It was pretty useless,” Snook said.

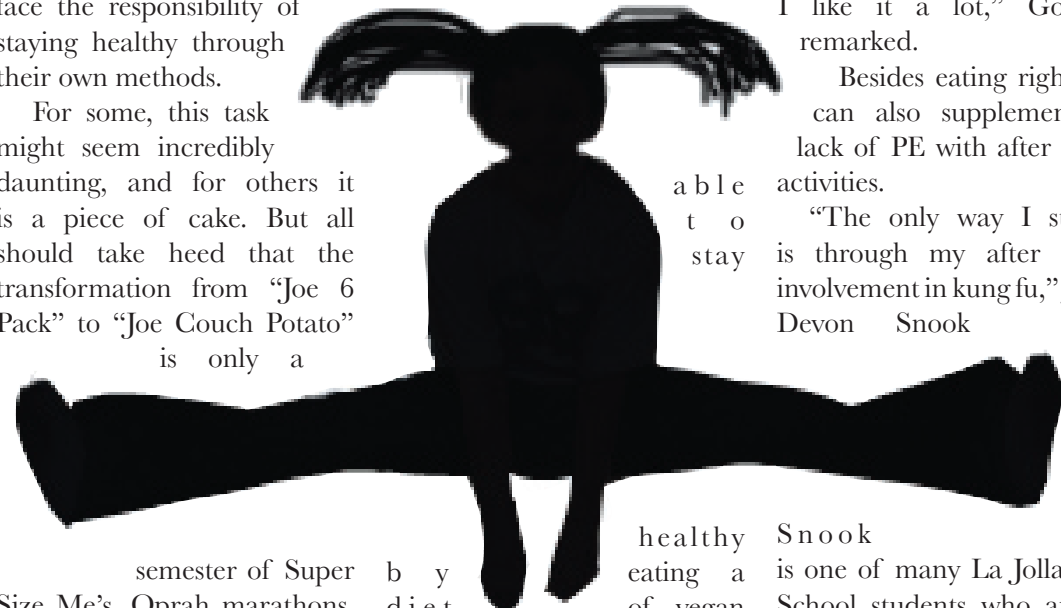
Although a varsity athlete in the Spring, during the fall and winter, junior Jerry Lin doesn’t have any formal form of physical activity, yet still manages to stay in shape and maintain a healthy diet.

“For exercise, I run around my neighborhood when I have time. The average person should get 10,000 steps a day, so in order to achieve this statistic, I walk everywhere,” Lin said. In addition to

staying physically fit, Lin maintains a healthy diet full of fruits and veggies.

“I love bell peppers because they have lots of vitamins and minerals. In addition I also like oranges because they have lots of vitamins, carrots because they have beta-carotene, and celery because it has lots of fibers,” Lin said.

Maintaining a healthy lifestyle without PE can be tough, especially with the workloads that come with being an upperclassmen. Nevertheless, being healthy is an important part of one’s everyday life that should not be forgotten.



semester of Super Size Me’s, Oprah marathons, and a couple of all night World of Warcraft sessions

by eating a diet of vegan goodness, abstaining from all products

Snook is one of many La Jolla High School students who are not involved in PE or school sports but still find time to get in

## CHALLENGED ATHLETE TRIATHLON

By Christina Kirby  
Staff Writer

Rarely do people from across the world come to meet and participate in an event as spectacular as the Challenged Athlete Foundation’s Challenged Athlete Triathlon. Although cancelled last year due to the wildfires, the event returned on Sunday, October 26 here in La Jolla at the Cove.

The incredibly successful event included over 650 participants from across the United States and different countries to be a part of this Half-Ironman triathlon.

The course includes a 1.2 mile ocean swim (which was shortened this year due to thick fog and high surf), a 56 mile hilly bike ride, and a 13.1 mile run.

Many of the people who participated were missing arms, legs, and in many cases, both. That did not stop them from having a truly amazing performance in the triathlon.

This year was Mr. Atwell’s fifth time participating in the event and he has encouraged his students to come and see

what it is all about.

“It’s always a very humbling experience when you see people fighting through physical disabilities with such a great attitude; it is inspiring. That is



Photo Courtesy of Lajollalight.com

why I encourage my students to go and see it because they usually have a tendency to think their life is so hard. This is a great reminder that there are people out there who have

it harder than they do,” Atwell said.

Over the years the Challenged Athlete Triathlon has become increasingly more well known and has evolved

into a well respected event and fundraiser.

After attending the triathlon, it is easy to see why it has become so popular. World ranked challenged athletes

participated in the triathlon. Some opted to only participate in one event such as the biking, while others completed the entire course.


“It is a great event because it is fun for everyone there. It isn’t a stressful race and you can tell that the athletes are having a great time, which makes the entire day really enjoyable,” sophomore Jillian Frager said.

This year, the La Jolla High School boys and girls waterpolo teams were able to volunteer in the triathlon, by helping athletes in and out of the ocean.


“It was an amazing experience to be able to help people that have unfortunately lost a limb. It was extremely inspiring to see them overcome their hardships and participate in the triathlon. Seeing their smiles as we helped them in and out of the water was a truly rewarding experience,” junior Kelsey Ryan said.

This year was the fifteenth anniversary and it raised over \$1.2 million dollars for the Challenged Athlete Foundation. The event alone has raised \$16 million for challenged athletes in the past 15 years.


CHARGERS  
UPDATE




Chargers returned home from their game in England after a enduring a devastating loss to the New Orleans Saints led by former Chargers quarterback Drew Brees.



Head coach Norv Turner fired defensive coordinator Ted Cottrell. Former Bear’s defensive coordinator Ron Rivera was hired to replace Cottrell.



The Chargers hope to break their losing streak this Sunday when they play the Kansas City Chiefs at home. Should the Chargers win and the Denver Broncos lose this weekend, the Chargers will tie the Broncos for first place in the AFC West Division.





# Charity Walks Benefit Everyone

## Local Events Raise Money, Promote Fitness

By Amy Liew  
Staff Writer

Every year walks, runs, and marathons are held in San Diego to find cures and raise awareness for cancer, diabetes and other diseases. The money raised is used to help victims of these diseases in the United States and people around the world. Susan G. Komen holds an annual race in San Diego to raise money to fight cancer. They have raised \$1 billion dollars that was gone to find cures and to create a world without breast cancer.

Running and walking also gives the participant the opportunity to be more healthy and fit by participating in these charity events. Raising and taking part in these causes not only helps others, but it greatly benefits the donors by motivating them to be healthy and fit.

Preparation for these charity walks, might be required if walking a 5k feels difficult. To prevent this from occurring, increase the amount of distance covered and pace every day. By doing this, endurance can be built to where a 5k can be walked in about 40 minutes.

These charity races are held to find a cure for affected people to lead easier lives.

The money earned through the entry fees or from personal donors has helped the advancement of medicine. The amount of cash raised goes to researching companies so that they may continue their work to find cures and answers to how these disorders can be prevented. If more people are aware of the horrors of what is happening around them, more money can be raised so that scientists will be a step closer to uncovering a cure.

The JDRF, also known as the Juvenile Diabetes Research Foundation founded in 1970, have worked to find a cure for Type I diabetes. Just last year they raised over \$137

million that went to diabetes research. They have worked to find a cure by learning

how to prevent and reverse Type I diabetes. More than 4,000 people in San Diego participated in the Walk to Cure Diabetes at the UCSD School of Medicine. This event rose over \$900,000 that has gone to diabetes research.

By spreading the word and meeting others who have the same stories, personal experiences can be shared. By sharing their experiences people do not have to feel alone in the world and by participating in these events it honors and supports the people who might not have the ability to walk or run.

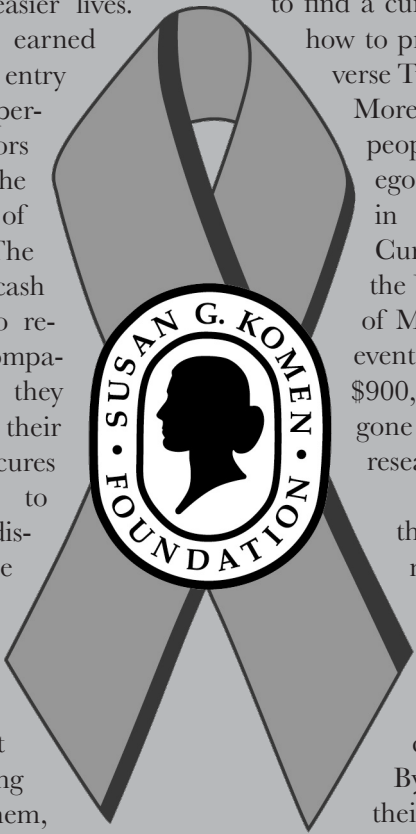
“It is a great way for all of us to get together and there is a high level of energy. It does not cost any money and it is

great that we are dedicating our time to help others,” senior Maggie Walsh said.

It takes a great deal of effort, time and money to understand and discover what is happening to the human mind and body. Researchers, doctors, and others try to find ways to prevent these horrifying demons that have come to haunt many thorough the money funded in these events.

It is very simple to participate in these events. Simply search through the Internet for a charity you wish to join, and sign up on online. These events that are held are very beneficial and important to many people around the world. Thanks to some foundations, such as the Susan G. Komen for the cure, awareness of breast cancer has spread and money has been raised to fight cancer.

“I find these walks very inspirational because I see these people who are sick push through and walk the distance,” sophomore Alice Shukin said. Gather friends, family or classmates to help fight these diseases because the disease might infect many more so fight it while it is still possible.



# Soda Ban: An Experiment In Health

By Vu Tran  
Staff Writer

A recent study done by researchers has shown that soda bans have had little impact on combating the drinking of sugary drinks in schools. The study, which took surveys of about 10,000 students nationwide, found that the students who attended school where soda was banned did not have a significant decrease in the amount of soda consumed on campus. About four percent of those students who attended schools where soda was banned did not regularly drink soda after the bans were put in place.

Ms. Fernandes, who conducted and led the study, surveyed 2,300 schools across the nation. Soda was sold at 40 percent of those schools. When asked whether the soda bans seemed to have an impact at La Jolla High, senior Meagan Bautista said, “I don’t think it makes much of a difference anyway. People drink sugary drinks even with the bans. It just makes it a little inconvenient for them”.

When asked of his opinion about the soda bans senior

Alex Zuckerman said, “If we ban soda we should also ban other unhealthy foods such as hot pockets and bring in healthy foods like salads”. Although there seems to be a lack of soft drinks on campus, there have been many alternatives used by many students.

Energy drinks, such as Monster and Red Bull, are popular alternatives to soft drinks. Powerade and other alternative drinks have been sold on campus in response to the soda bans. However, the drinks still contain sugar and have about the same calorie content as the soft drinks sold prior to the ban.

The soda bans throughout the nation have been prompted by the widespread increase in obesity among children in the United States. Many watch groups have recommended cutting down on the amount of ‘junk’

food sold in schools in order to counter the rising rates of obesity in children. However, the watch groups stress that a healthy food environment at home and consistent, regular exercise are the best ways to curb obesity seen among children in the United States.

The President’s Challenge - the physical fitness tests administered to middle school students across the country - has been updated to give people of all ages guidelines for physical fitness and health.

The US-DA’s MyPyramid, introduced in as an updated, customizable food pyramid, tries to make nutrition more personal and manageable. These examples show an increasing government trend of taking responsibility for the overall health of its citizens - a trend that’s unlikely to change.



### Polls con’t from pg. 1

excessive spending in order to afford rising gas and food prices, plastic surgery drops lower on the list of priorities. Appointments at some offices have dropped by 50 percent. With breast enlargement at \$5,950, liposuction at \$8,800, and face-lifts at \$9,000, the list prices at one esteemed practice in La Jolla, people are choosing to spend their money elsewhere.

Although times are uncertain and stressful for many businesses, the outlook is not entirely pessimistic. Some businesses continue to flourish, even under economic stress. Popular restaurants like Wahoo’s and Sammy’s say nothing has changed much, and their businesses remain strong.

Confident that La Jolla is still safe from havoc and is still a promising place to open a store, new businesses have been popping up around La Jolla, such as the popular active-wear LuLu Lemon, clothing store Title Nine, and the health conscious butcher shop, Homegrown Meats.

Damaging effects on La Jolla businesses are unavoidable with the devastating economic crisis engulfing our nation, but for the most part, La Jolla’s local economy remains relatively strong.

### Polls con’t from pg. 1

and garages to place their vote for the next president of the United States. There to help keep order and experience, many La Jolla High students were clerks, which required no kind of training. Their job entailed giving voters their ballots, getting everyone to the booths as quickly as possible, and counting the ballots along with other simple duties.

“The day was extremely long, but very much worth it in the end,” junior Mark Garcia said.

The day contained two forty-five minute breaks along with a stream of very interesting people. Voters were discouraged from wearing any kind of political support clothing or buttons as it may have lead to disputes between individuals. However, some people ignored this and decided to come dressed in full Republican or Democratic regalia. This led to some heated conversations concerning people at different polling booths around the county.

“People are always passionate about their views, unfortunately it led to some pretty uncomfortable situations. Thankfully they were quickly diffused when the opposing parties were asked to leave after they had voted,” said junior Nadeaja Shaheed.

La Jolla High volunteers were also told not to have any type of political discussions within the polling area.

Many La Jolla High students went because they are passionate about politics and want to a part of every, single moment. Others went to raise money for our school and some went to just to help others. Whatever the reason, the day showed how even non-voting students can still come together to have a profound affect on democracy in their community.

Student volunteers earned between \$75 and \$125 dollars, but they won’t be pocketing the change. Each student’s stipend is to be contributed to paying off our senior dues.

“Even though I would have volunteered anyway, it was a bit of a letdown knowing I would never see that check. I could definitely use \$125,” one unnamed student shared.

“It is important to know what is going on in our own country and all over the world. It is important to vote because those elected will be the ones leading our country. It’s great to be a part of something that has been so publicized as this election,” junior Ben Castle said.

The number of students that applied portrayed how much La Jolla High students want to come together to help out in the community and the kind of position they could take in the future of this nation.



# The White Apple Tree

By **Jacqueline Berracasa**  
Staff Writer

If you enjoy live entertainment, you may have been to Soma. It is an all ages venue that welcomes bands of all varying levels of experience and popularity. Some local bands that play at Soma include The Absens and Mursic, but now there is one more band that we can add to that list, White Apple Tree.

The band was started about a year and a half ago by Ryan Lawhon.

His younger brother, Taylor Lawhon, soon joined to make it a two man band.

Taylor is a former La Jolla High School student. Taylor, a 16 year old junior, plays the cello, guitar, piano, and can synthesize music (a way of blending different tones and notes using electronic devices).

His talented 19 year old brother, Ryan Lawhon, is also experienced with many instruments including the bass, piano, guitar, some percussion, and the banjo.

Ryan is also experienced with

synthesizing music and is the lead vocalist for White Apple Tree, a techno/rock band.

“I play, record, and write all the instrument and vocal parts, and sing and what not [...] but I have added Taylor to play bass and synth live,” said Ryan Lawhon.

White Apple Tree has a large group of fans all over the



Photo courtesy of [www.myspace.com/whiteappletree](http://www.myspace.com/whiteappletree).  
**Up and Coming:** Local brothers Taylor and Ryan Lawhon are about to embark on their national tour.

United States. The two brothers even took a tour late last school year to promote the band (one of the reasons why Taylor Lawhon left early last school year).

In one month, they hit most of the major cities in the U.S. and some small towns. Having enjoyed themselves very much,

Taylor says his favorite city was Cincinnati, while Ryan’s was Nashville.

When the boys are not on tour, they play all over California. However, lately they are working on finishing their album called Debut Full Length.

“They’re good friends of mine and they are really good musicians. I really like going to see them at Soma so I hope they come back as soon as they can,” junior Marcus Strum said.

Taylor and Ryan’s most recent accomplishment is getting their song in the top 100 on the alternative charts last week on iTunes.

This is mostly attributed to the premier of their song “Snowflakes” on the TV show *Gossip Girl*.

“I am very pleased with where the song was and the response we have had so far!” said Ryan Lawhon.

If you are interested, take a look at their myspace page: [www.myspace.com/whiteappletree](http://www.myspace.com/whiteappletree) and come check them out live at the Epicentre in Mira Mesa on November 22<sup>nd</sup>.

# Media Student Wins Camera

Stephanie Fong  
Staff Writer

It is a rare occurrence that classes go on field trips in high school. Fortunately, the Media team was able to go Downtown on September 26 to CONNECT, a program

designed to nurture students’ interests in film-making.

“I learned a lot more about film-making, editing, and the process of film-making. It was a lot of fun,” senior Corinna Ruf said.

Later, the Media students listened to Paul Harris Boardman (Hollywood producer and writer of *The Exorcism of Emily Rose*) speak about the tools necessary to writing an appealing screenplay and how to get a job in Hollywood. For the last

two hours, the Media students attended programs and took part in a Q&A with the filmmakers.

During the raffle at the end of the day, eight video cameras were given away. Senior Corinna Ruf, this year’s Bulletin



**Look, ma! A video camera!**  
Corinna Ruf was one of the lucky raffle winners at CONNECT.

Anchor, was one of the eight lucky winners. Along with the video camera, she won an *Invisible Children* DVD, and one hundred blank DVDs.

“It was really cool. We got to talk to professionals, learn more about Final Cut Pro, eat

food, and get free stuff,” junior Jordan Ayoub said. The Media students were extremely grateful for this opportunity. Not only was it a fun experience, it was definitely a worthwhile field trip.

# totally tubular

By **Kelly Lin**  
Staff Writer

What do people dancing and singing on treadmills, kids geeking out over “Nintendo sixty-fourrrrr” and a sneezing baby panda have in common? They can all be found on YouTube.

YouTube, founded in February 2005, is the most popular online video community on the web, with hundreds of thousands of videos being uploaded daily. In addition to being incredibly popular, the site is also exceptionally diverse with videos catering to all interests. From rare Beatles jam sessions to grown men crying “Leave Britney Alone!” the site has it all.

If you are a YouTube ninja and look hard enough, you will even find some juicy footage of LJHS Vice Principal Walter Fairley busting a move at the infamous pep rally of ’07. Besides being a great resource for discovering embarrassing footage, the site has also been responsible for some great videos that have made Average Joes into viral

superstars, inspired people to make a difference, and made us laugh.

Comedies are known for their ability to make people chuckle, laugh, cry and even in extreme cases, ROTFLOL.

In today’s society, with the stresses of school and the economy looking like the apocalypse, people need comedy more than ever. YouTube has played a significant role in providing people with that quick fix of comedy greatness.

“Charlie the Unicorn” and “Potter Puppet Pals” reign supreme, but back in 2005, when the site was first getting popular, a special little video was uploaded onto the site that set the standard for all YouTube comedy videos to come; its title was “The Pokemon Theme Song.” The video featured the lip-syncing and interpretive dance talents of two average teens who collectively went under the username “smosh.”

“The Pokemon Theme Song” Video is one of my

favorites on YouTube” said senior Luz Angulo. “It is so funny and the part where they beat up a Pikachu is hilarious! Plus, I’m a Pokemon nerd so I liked it a lot.”

Angulo is not the only one in love with the video, as the video has been viewed by over 5 million people since its release.

When you combine some of music’s hottest talents with



**Thizzle Dance:** Walter Fairley breaking it down at last year’s Pep Rally is one of the many things you can find on YouTube.

the eloquence and rhetoric of a Barack Obama speech, the result is “Yes We Can,” a video collage that merges singing and spoken word to create a visual masterpiece that is definitely one of the most inspirational videos of our time. Although the video does include clips from Barack

Obama speeches, the video’s inspirational messages of hope appeal to anyone, regardless of their political party. Even Republican Nominee, John McCain had good words to say about this inspirational video deeming it “excellent” in a recent interview with *Entertainment Weekly*.

Whether you are an aspiring filmmaker or just feel like being an idiot for the day, YouTube is also the perfect place to showcase your “talents” to the entire world. Uploading a video is an easy and painless process that anyone can follow and once your video is uploaded, the real fun begins. The site has a ton of fun applications that allow you to add short little messages to your videos and also swap the audio in your video for a more ‘suitable’ selection. One of the most useful applications is YouTube Insight, a program which depicts your video’s daily views in the United States and other countries, the age and gender of the people who are watching your videos

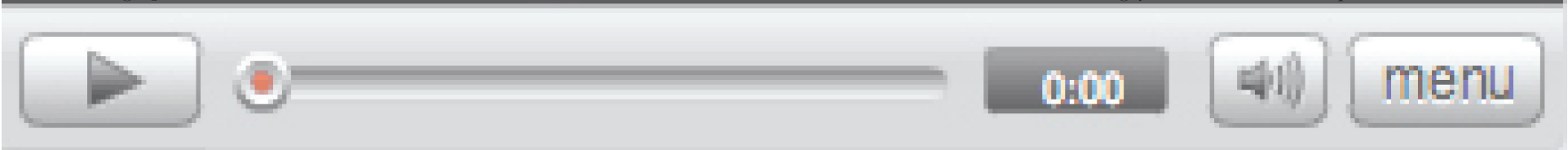
and even the spots in the video that viewers liked or disliked the most.

Junior class President Lilly Sedaghat knows a thing or two about the process of making viral videos, having made a total of 11 short films with her friend.

“Whenever we’re bored, my friend and I love to make YouTube videos poking fun at famous Disney characters or shows or enacting ninja battles at the beach.

Our most famous video has over 23,000 views but it is also one of the most hated videos on YouTube. After we uploaded it, little kids posted comments telling us to ‘go die with the whales.’ I don’t recommend checking it out...” Sedaghat remarked.

YouTube is a fun and entertaining site that is leading the way to the future of entertainment. Whether your calling is watching videos or making videos, being in front of the camera or behind the camera, the site is definitely a ton of fun and a great resource for the inner filmmaker or couch potato in all of us.





# La Jolla Artistes

## Natalie Bessell



By **Antonia Cerejido**  
Staff Writer

As students look around campus at our diverse student body, they may not realize how many of the students are incredibly talented and driven. There are students who play musical instruments, fix up cars, dance; and, there are those who draw. Two students, senior Natalie Bessell and freshmen Jade Novarrino both have a talent for expressing themselves by using pens, pencils, paint, pastels, and basically anything they can get their hands on.

## Jade Novarrino



Photos courtesy of Molly Salas



Jade Novarrino is one budding artist at La Jolla High. She draws with pens, sketch pencils and acrylics on sketch paper. She, like Bessell, has been drawing for a long time. “I began drawing the moment I could grasp a pencil,” Novarrino said. She does not have a definite personal style. Her work can be realistic or fantastic, and there is definitely a surreal feeling to her work. She draws everything and anything that pops into her head. She is particularly moved by

shadows, gestures and song lyrics. Her work often reflects the music she listens to and the artists she admires. One such artist is Conor Oberst. She actually brought Conor Oberst to tears when she presented him with one of her paintings at a show of his in San Diego recently. Her biggest idol, however, is her father. Her father was a very talented artist until he was diagnosed with Multiple Sclerosis, a disease that affects nerve cells. She hopes to keep his spirit and art alive through her work. Novarrino’s favorite piece is an abstract drawing that is completely black and white (top left). It appears to be a simple design, but upon closer examination you can

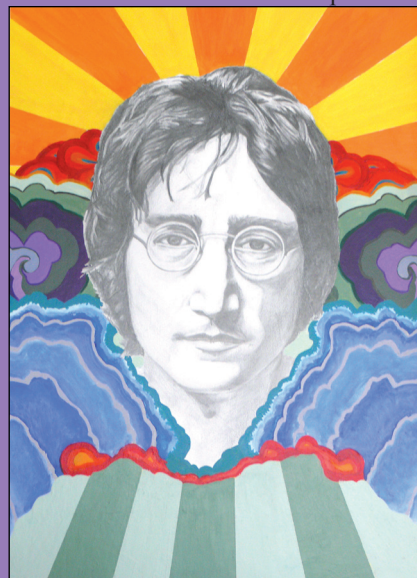


see animals, instruments and weird objects hidden within. She recalls making it at two in the morning at a friend’s house when she had a surge of inspiration. Her weirdest piece was a drawing of a girl in a wolf suite sewing (above). In the future she sees herself printmaking and putting her designs on clothes. She also hopes to make a documentary. The documentary would follow Jade as she crosses the United States in a yellow van living off the kindness of people. She eventually wants to be able to make a living from displaying her art. If art were not her “thing” Novarrino would like to pursue music. She can play both the violin and the piano. She also loves film and photography. “I love cameras,” Novarrino said. Art is such an important part of our culture. In a time where there is little to no funding for art programs it is very cool that these girls can contribute to society by pursuing their interests. “Art is not something you can teach but rather something you achieve personally; there’s no right or wrong. It’s just how you feel, and that’s how I feel,” Novarrino said.



Natalie Bessell has been drawing since she can remember, and she has art in her genes. Her mother is an artist and her father shapes

they are the most interesting subject,” Bessell said. When people look at her art she hopes they can find something significant they can relate to. She does not desire to convey a specific message to her audience, but she hopes they will come up with one on their own. Her art is not just eye-pleasing; it is something personal. “When I look at [Bessell’s] art, I start thinking about the deeper meaning,” sophomore Diana Polyak said. Bessell’s favorite piece is a portrait of a scene in the movie The Darjeeling Limited (below). It was her first painting. She really liked the gold she had placed as the backdrop of the painting and was pleased with the effect. Her weirdest piece was a pastel drawing of a brain. The theme was addiction, so she used water to create a watercolor feel and surrounded the brain



surf boards. She has used her natural talent to make pastel and pencil drawing, as well as paintings. Bessell makes her works precise, detailed and realistic. She is the type of person who is willing to work on a piece for days and weeks. She is patient and takes great care in completing her work. Bessell admires artists as varied as pop printer and photographer Andy Warhol and Mexican painter Frida Kahlo. To find inspiration she observes nature, whether that means the trees outside or people. “I love to draw people; with drugs and syringes. Eventually, Bessell aspires to be an illustrator, whether it is for children’s books, magazines or graphic novels. She hopes that she can simultaneously find herself happy and make a living. If her calling were not art, she would enjoy to be a writer, more specifically, a journalist. She would like to travel the world and write about her experiences, then she could even illustrate her own writing. “I want to be like Dr. Seuss, kinda,” Bessell said. Art courtesy of Jade Novarrino and Natalie Bessell



Art courtesy of Jade Novarrino and Natalie Bessell